



Workshop Session IV

Friday, April 29
8:30 to 10:00 a.m.
Julia

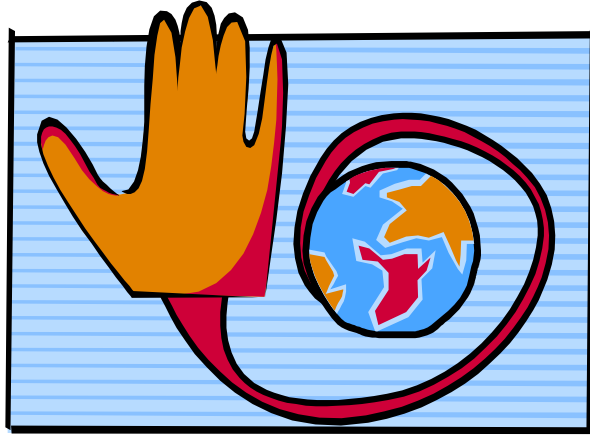
ARMED WITH ART

Exploring How the Arts Shape Our World View

Alice Lovelace



Lovelace

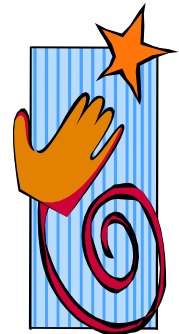


What does It Mean To Be Armed With Art?

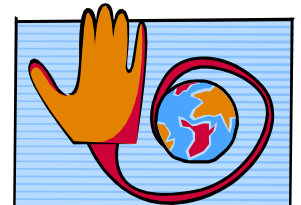
To be fortified in your work with a set of stories and defining myths that express your core values so that who you are and what you do are in right alignment with your core beliefs.



What contribution does
poetry/story make to a world
at war, overflowing with
suffering, with illness and in
need of peace and justice?

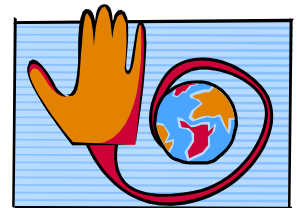


**How do I know what I think,
I haven't written it yet.**



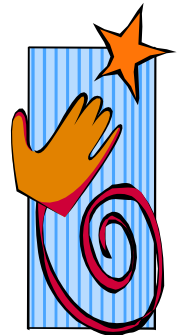
Change Your World Change Your Words

Writing expresses the depth
of our thinking



Understanding what a Poem Means

- You must peel it like an onion.
- You must allow it to live on your tongue like a fine wine.
- You must digest it slowly.
- You must savor the zest it leaves behind—over and over.



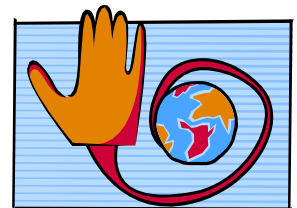
Where to Get What You Need

- Facts - can be verified
- Opinions -based on experiences
- Observations - our memories



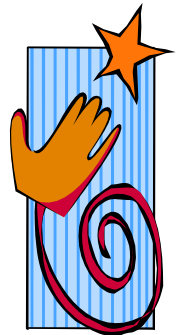
Elements

- Allow Yourself to Create
 - Ignore the Cop in your Head
- Write from Experience
 - No TV, Music, or Movies
- Use Figurative Language
 - Don't Tell/SHOW



Simile

Comparison between 2 very unlike things using like, as, as if or than (nouns)



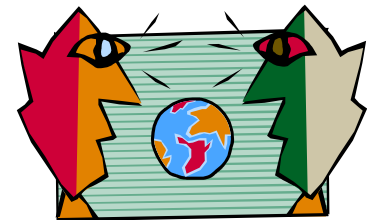
Metaphor

Comparison between 2 very
unlike things calling one by the
others name



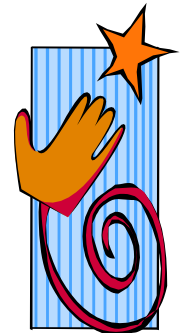
Personification

To give human characteristics (adjectives) and actions (verbs) to inanimate objects



OUR GOAL—to write 2 poems

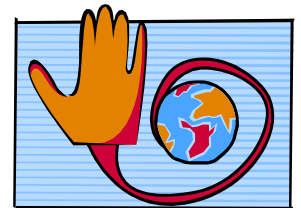
- Where I Am From
 - what grounds you
- Visual Response Poem
 - Examine your personal values



Where I Am From—Not just a place

- Food
- Traditions/Celebrations
- Social Conditions
- Ancestors
- Sayings
- Mentors
- Education
- Values
- What's in your home,
your neighborhood
- Special place
- Losses
- Joys
- Trauma
- Religious Symbols
- Work you did as a child
- Work you value
- Specific experience that
shaped your choices
- People who influenced you

WHAT RESONATES



Visual Response Poem

- Choose a theme, story, or idea that expresses your what your work means to you—this is your theme
- Write the title on the paper
- Review images for an image that is the metaphor of your theme—very unlike it (for this workshop we will all use the same image—sorry!)
- Use the language of the image to tell your story



The Mind Makes Meaning

Colors

Shapes

Shadows

Images

Forms

Texture

Composition

Symbols

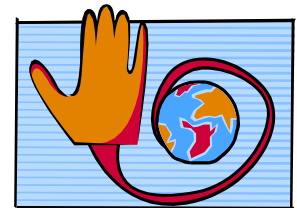
Gagik
Manoukian



4/29/2011

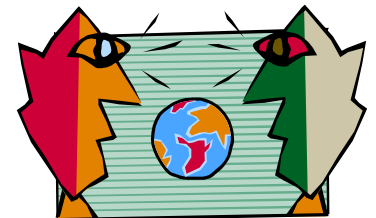
Self Awareness

- Until you examine your life, your values, the myths you act on, but may not totally believe in....how can you open the way for change or for deeper expression?
- Before you work on others, you must work on yourself.
- To continue this work you must get connected—create a community.



Your Obligation

- Tell your stories/Share your victories
- Spread your vision of a world that refuses to think of children as disposable, broken, incapable of redemption.
- Create myths of a world that is built on multiple ways of being and seeing, a world that knows and values healing, hope, and happiness.

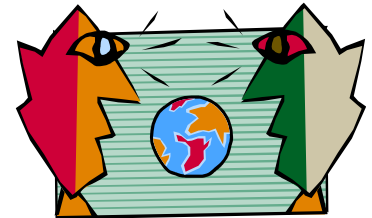


HOW CAN YOU USE IT IN YOUR WORK



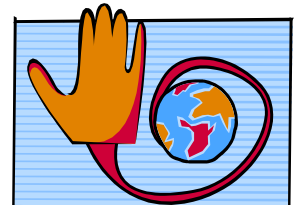
Think of this as a collaboration

- If you are going to use it, make sure you understand the skills involved and the values.
- A tool of self assessment—don't try to psychoanalyze.
- This is not about making them writers, it's about making them think.
- Invite them to share—no punishment for not sharing, reward for sharing.



Think of this as a collaboration

- Ask permission to unpack the poem—ask questions—as you and peers press for clarity it will help writer become clearer—but don't press too hard this is not therapy.



Think of this as a collaboration

- Writing can reveal our thinking so we can work to understand the cues that trigger our anger and aggression.
 - Problem solving
 - Values
 - Empathy
 - Prosocial memories
 - Dreams
 - Memory Replacement

